

Antony Worrall Thompson

BY

Breville

Professional Juicer

Instructions

JE16

FEATURES OF YOUR JUICE EXTRACTOR



FEATURES OF YOUR JUICE EXTRACTOR

1 **Suction Feet**
To keep the appliance from slipping/moving.

2 **Large Pulp Collector**
(dishwasher safe)

3 **Juicer Cover**
(dishwasher safe)

4 **Extra Wide Feed Chute**
fits whole apples,carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables fast and easy.

5 **Food Pusher**
for pushing whole fruit and vegetables down the wide Feed Chute.

6 **Safety Locking Arm**
Juicer will not operate without Juicer Cover in place and safety locking arm in place in the vertical operating position.

7 **Extractor Filter**
(dishwasher safe)

8 **Extractor Filter Holder**
(dishwasher safe)

9 **Juice Collector Jug with Slide-In Froth Separator (3 parts)**
(dishwasher safe)
- 1 Litre dishwasher safe juice jug.
- Juice Jug Lid allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator.
- Slide-in Froth separator ensures juice froth is separated from juice when poured into a glass (if preferred).

10 **Juice Outlet**
The juice will be extracted in the Extractor Filter Holder and flow out the juice outlet.

11 **Motor Base**

12 **Operating Switch (3 Position)**
With two speeds (I / II) and Off. Low (I) speed for juicing soft fruits with high water content such as watermelon. High (II) speed for juicing hard fruit and vegetables.

PARTS IDENTIFICATION



Juicer Cover with
Feed Chute



Extractor Filter



Large Pulp
Collector



Extractor Filter Holder



Food Pusher



Motor Base with Safety
Locking Arm



Juice Collector Jug

GETTING STARTED

Your Professional Juicer is designed to make juices. Although your Professional Juicer is simple to use and maintain, please read all instructions and warnings in this book before use.

Remove your Professional Juicer carefully from the box. Remove all packaging and any labels. You may wish to store the packaging for future use.

IN THE BOX

- Motor Base with Safety Locking Arm
- Extractor Filter Holder
- Extractor Filter
- Juicer Cover with Feed Chute
- Food Pusher
- Large Pulp Collector
- Juice Collector Jug with Slide-in Froth Separator
- Instruction Book

CLEANING

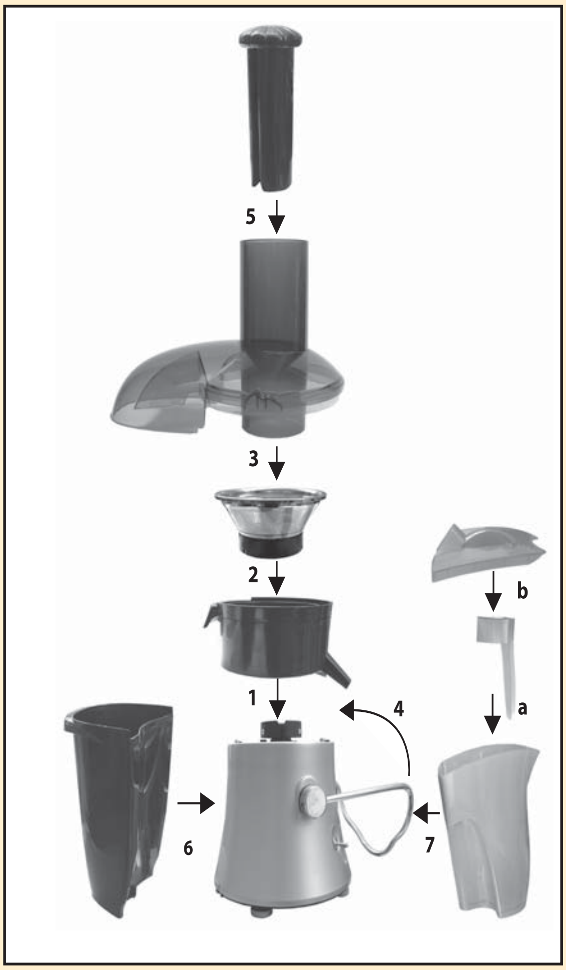
Before using your Professional Juicer for the first time, wash the Extractor Filter, Extractor Filter Holder, Lid with feed chute, Pusher, Pulp Collector and the Juice Collector with hot, soapy water. Rinse and dry thoroughly. Using a damp cloth, wipe the exterior of the Motor-ead and dry thoroughly.

> **WARNING!** Take great care when handling the Extractor Filter, as the blades on its surface are very sharp
>
> **WARNING!** Always make sure the Professional Juicer is turned off and unplugged at the mains before cleaning.

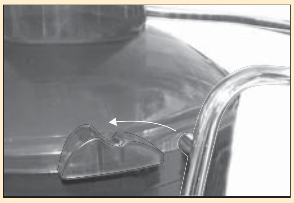
USING YOUR PROFESSIONAL JUICER

ASSEMBLY

WARNING! Always make sure the Professional Juicer is turned off and unplugged at the mains before assembly.



- Position the Motor Base on a dry flat surface out the reach of children and close to the mains supply socket.
- Place the Extractor Filter holder (1) over the centre of the Motor Base, it will only fit one way round.
- Align the arrows on the Extractor Filter (2) with the arrows on the motor drive coupling and push down until it is seated securely inside the Extractor Filter Holder and onto the Motor base.
- Place Juicer Cover (3) onto the Professional Juicer over the Extractor Filter Holder, positioning the Feed Chute over the Extractor Filter.
- Push the Juicer Cover (4) down with one hand whilst raising the Safety Locking Arm up and locate into the two gooves on either side of the Juicer Cover. The Safety Locking Arm should now be in a vertical position and locked into place on top of the Juicer Cover.



USING YOUR PROFESSIONAL JUICER

NOTE: The juice extractor will not operate unless the Lid and the Safety Locking Arm is fitted correctly.

- Slide the Food Pusher (5) down the Feed Chute by aligning the groove in the Food Pusher with the small prtrusion on the inside of the top of the Feed Chute.
- Place the Pulp Collector (6) into position by tilting slightly, ensuring that the lug on the bottom of the Pulp Collector fits into the slot at the rear of the Motor Base.

  HINT: To minimize washing up we suggest you place a plastic freezer bag (or plastic grocery bag) into the Pulp Collector to collect the pulp.
- Place the Juice Collector Jug (7) provided under the juice outlet spout. (Before placing the Jucie Collector Jug, attach the Slide-in Froth Separator (a) and attach the Lid (b))

Your Professional Juicer is now ready for use.

USING YOUR PROFESSIONAL JUICER

CHOOSING FRUITS AND VEGETABLES

The best results will be obtained if you juice really fresh produce, as foods which have been stored for any length of time will have dried out.

FOOD PREPARATION

If you prepare the fruits and vegetables in advance and place the cut pieces in a dish, it will speed the juicing process.

- As a general guideline, you do not need to peel any fruits and vegetables whose skin you would normally eat. However, we do recommend washing all produce before it is juiced, as the majority of commercially grown fruits and vegetables are sprayed with fertilisers and insecticides.

  Certified organic vegetables are guaranteed not to contain chemical residues, but should still be washed, as they may have been handled prior to sale.
- Always trim off any blemishes.
- Scrub carrots etc. with a brush to remove any dirt.
- Remove skin from thick skinned fruits, such as melon and pineapple.
- Remove the stones from cherries, peaches, nectarines etc.
- Fruit containing small seeds, such as apples, need not be cored.
- Cut the produce into pieces that will fit easily into the feed tube. Never attempt to force large items. Do not cut pieces smaller than necessary.
- Leafy herbs and vegetables should be rolled tightly.

  NOTE: Ensure that the Juice Collecting Jug is placed beneath the juice outlet before you start juicing.

OPERATING

Ensure the appliance is fully assembled and the power switch is set to the Off position, insert the plug into a suitable mains socket.

Make sure the appliance is seated on a secure, level surface.

Placing the appliance on a smooth surface will ensure that the suction feet hold the appliance securely when in use.

Make sure the Extractor Filter is thoroughlt cleaned before each use (refer to the 'Care and Cleaning' section).

USING YOUR PROFESSIONAL JUICER

1 Switch on the appliance. Turn the power switch to 'LOW' (I) or 'HIGH' (II) speed, depending on the type of fruit or vegetable being juiced. Use the speed selector table below as a guide for juicing different fruits and vegetables.

2 Place food into the Feed Chute, using the Food Pusher, gently guide food down the Feed Chute. To extract the maximum amount of juice, always push the Food Pusher down slowly.

3 Juice will flow into the Collector Jug through the Juice Outlet Spout and the separated pulp will accumulate in the Pulp Container.

NOTE: When juicing very soft fruits, such as strawberries, peaches etc. You may find that they are juiced as soon as they hit the Extractor Filter.

HINT: As you juice your fruit and vegetables, the pulp will be ejected into the Pulp Collector. Always empty the container before it gets too full. If you are juicing carrots (for example), the pulp can be used in carrot cake recipes.

Always watch the level of juice in the Collecting Jug. Do not overfill, as juice will continue to drip from the juice outlet after you have stopped juicing. Switch off the appliance and allow the dripping to stop before removing the Juice Collector Jug.

IMPORTANT: If you are processing a large quantity of food and use the appliance for more than 3 minutes continuously, allow the appliance to rest for 10 minutes before starting again.

Speed Selector Table	
Apples	High
Apricots (stone removed)	Low
Beetroot	High
Blueberries	Low
Broccoli	Low
Brussels sprouts	High
Cabbage	Low
Carrots	High
Cauliflower	Low
Celery	High
Cucumber	Low
Fennel	High
Grapes (seedless)	Low
Kiwi Fruit	Low
Mangoes	Low
Melons	Low
Nectarines (stone removed)	Low
Oranges (peeled)	High or Low
Peaches (stone removed)	Low
Pears	High for hard or Low for soft
Pineapple (peeled)	High
Plums (stone removed)	Low
Raspberries	Low
Tomatoes	Low
Watermelon	Low

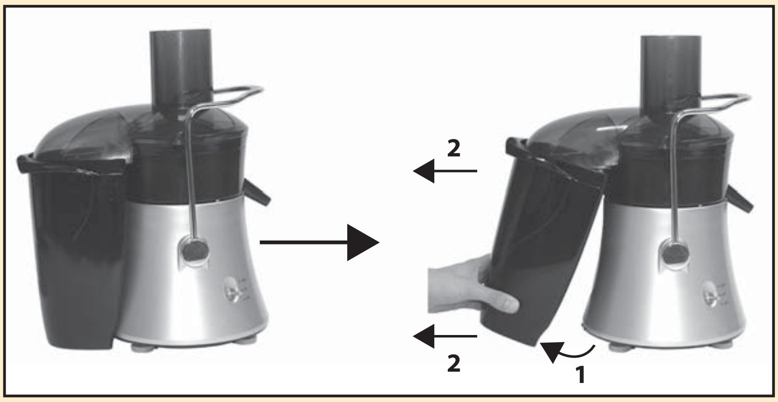
EMPTYING THE PULP COLLECTOR

Always check the level of juice in the Juice Collector Jug. Do not overfill, as juice will continue to drip from the juice outlet after you have stopped juicing. Switch off the appliance and allow the dripping to stop before removing the Juice Collector Jug.

When the Pulp Collector starts getting full, switch off the appliance, empty the Pulp Collector.

Hold the Pulp Collector, tilt (1) the Pulp Collector a bit and move it away (2) from the appliance, as shown below.

NOTE: Take care not to spill content in the Pulp Collector when tilting.

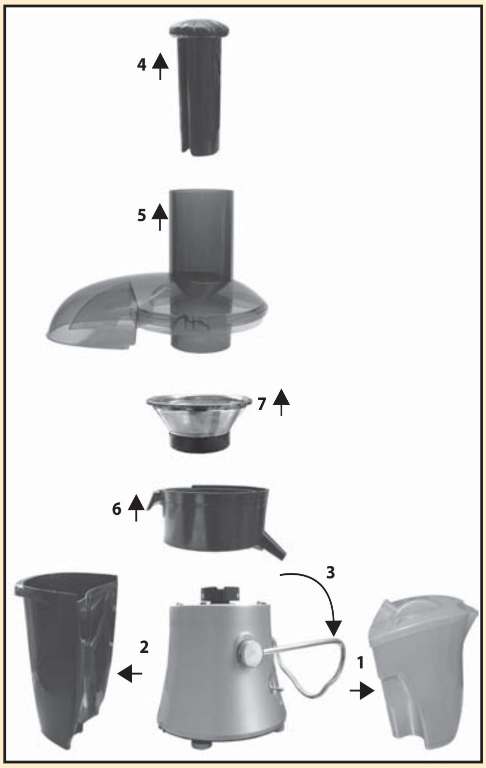


To refit, place back onto the rear of the Motor Base. Ensure that the lug on the bottom of the Pulp Collector fits into the slot at the rear of the Motor Base.

DISASSEMBLING YOUR PROFESSIONAL JUICER

- Turn the Professinal Juicer 'Off' at the power outlet and unplug
- Remove the Juice Collector Jug (1) and then remove the Pulp Collector (2), as shown in the previous page.
- By placing both hands on either side of the Safety Locking Arms (3), pull back and lift over the grooves on either side of the Juice Cover.
- Lift the Food Pusher (4) out of the Feed Chute.
- Lift the Juice Cover (5) off the juicer.
- To remove the Extractor Filter, hold base of the Professional Juicer and turn Extractor Filter Holder by the Juice Outlet Spout.

  Lift off the Extractor Filter Holder (6) with the Extractor Filter still in place.
- To remove the Extractor Filter (7), turn the Extractor Filter Holder upside down and carefully remove the Extractor Filter. (It is recommended to remove the Extractor Filter over the sink).



WARNING! The Extractor Filter contains small sharp blades to cut and process fruits and vegetables. Do not touch blades when handling the Extractor Filter.

CARE AND CLEANING

NOTE: Before cleaning, always switch off and unplug the appliance from the mains supply.

- For easy cleaning - immediately after each use rinse removable parts under running water (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit, all removable parts may be washed in hot soapy water.
- Wipe the Motor Base with a soft, damp cloth.

WARNING! The Motor Base must never be immersed in water or any other liquid.

- Before washing Collector Jug, remove from attachment and rinse under running water.
- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using a nylon brush. Whilst using a nylon brush, hold the Extractor Filter under running water and brush from the inside of the basket to outer rim. After cleaning the Extractor Filter, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the Extractor Filter in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the filter basket in the dishwasher.
- Always treat the Extractor Filter with care as it can be easily damaged.
- Some vegetables, such as carrots, may cause discolouration of the plastic. This will be reduced by washing immediately after use.
- To remove this discolouration, use a suitable, non-abrasive cleaner on a soft cloth.
- Never use steel wool, scouring pads or abrasive cleaners which may damage the product and leave scratches which can harbour dirt and germs.
- Dismantle the Professional Juicer, wash the components in warm soapy water and dry thoroughly.

NOTE: To assist with cleaning, soak the Extractor Filter in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the **Juicer.**

TROUBLESHOOTING GUIDE

Possible Problem	Easy Solution
Professional Juicer will not work when switched "ON"	The Safety Locking Arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the Juicer Cover.
Motor appears to stall when juicing	Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the Food Pusher down more slowly. Clean the Extractor Filter Holder, the Extractor Filter and the Juicer Cover. Select high speed instead of the low speed setting.
Excess pulp building up in the Micro Mesh Extractor Filter	Try a slower juicing action. Remove Extractor Filter Holder and thoroughly clean mesh walls with a fine brush. Rinse the Extractor Filter under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.
Juice leaks between the rim of the Juicer and Juice covers the Extractor Filter	Try a slower juicing action by pushing the Food Pusher down more slowly. Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.
Extractor Filter Holder Juice sprays out from spout	Try a slower juicing action by pushing the Food Pusher down more slowly.

TIPS ON JUICING

THE INSIDE INFORMATION ON JUICE

Although the juice drinks contained in this booklet were developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

95% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables from an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy way to introduce a source of vitamins and minerals to your diet.
Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own juices, you have complete control over what you include in them.
You select the ingredients and decide if you need to use sugar, salt or other flavouring agents.

Freshly extracted juices should be consumed just after they have been made to avoid a loss of vitamin content.

PURCHASING AND STORAGE OF FRUIT AND VEGETABLES

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season (see the Fruit and Vegetable Facts chart on pages 16 and 17).
- Keep your fruit and vegetables ready for juicing by washing them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

PREPARATION OF FRUIT AND VEGETABLE

- If using fruits with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced in the Juice Extractor if peeled first.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to prohibit browning.

HINT: Your Juice Extractor makes invigorating, frothy orange juice. Simply peel the oranges and juice. (It is best to refrigerate oranges before juicing).

TIPS ON JUICING

THE RIGHT TECHNIQUE

When juicing a variety of ingredients with varying textures start with the softer textured ingredients on low speed then change to high speed for the harder textured ingredients.

If you are juicing herbs, sprouts or leafy green vegetables either wrap them together to form a bundle or juice them in the middle of a combination of ingredients on low speed to obtain the best extraction.

NOTE: If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing, it is advised to juice them with a combination of other fruit and vegetables.

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

NOTE: To extract the maximum amount of juice always push the Food Pusher down slowly.

GETTING THE RIGHT BLEND

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal thing. Just think of some of your favourite flavours and foods - would they work well together or would they clash. Some strong flavours could over power the more subtle flavours of others. It is however, a good rule of thumb to combine starchy, pulpy ingredients with those high in moisture.

USING THE PULP

The remaining pulp left after juicing fruit or vegetables is mostly fibre and cellulose which, like the juice, contains vital nutrients necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.

There are a number of recipes contained in this book for the use of pulp (refer page 24 - 26). Apart from these, some of the other uses of pulp are to bulk out casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and baked for a simple dessert.

Quite apart from the consumption use, pulp is great used in the garden for compost.

NOTE: When using the pulp, there may be some pieces of fruit or vegetable remaining. These should be removed before using the pulp in any recipes.

FRUIT AND VEGETABLE FACTS

Fruit and Vegetables	Best Season To Buy	Storage	Nutritional Value	Kilojoule/ Calorie Count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	200g Apple =300kj (72 cals)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	30g Apricot =85kj (20 cals)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre	160g Beetroot =190kj (45 cals)
Blueberries	Summer	Cover in the refrigerator	Vitamin C and Potassium Vitamin C	125g Blueberries =295kg (70 cals)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =195kj (23 cals)
Brussels Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C B2, B6, E, Folate and Dietary Fibre	100g Brussels Sprouts =110kj (26 cals)
Cabbage	Winter	Wrap, trimmed in the refrigerator	Vitamin C Folate, Potassium B6 and Dietary Fibre	100g Cabbage =110kj (26 cals)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	120g Carrots =125kj (30 cals)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin K and Potassium	100g Cauliflower = 55kj (13 cals)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	80g stick =55kj (7 cals)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber =120kj (29 cals)
Fennel	Winter/ Spring	Crisper in refrigerator	Vitamin C and Dietary Fibre	300g Fennel = 145kj (35 cals)
Grapes (seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	125g Grapes =355kj (85 cals)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =100j (40 cals)

FRUIT AND VEGETABLE FACTS

Fruit and Vegetables	Best Season To Buy	Storage	Nutritional Value	Kilojoule/ Calorie Count
Mangoes	Summer	Covered in refrigerator	Vitamins A, C, B1, B6 and Potassium	240g Mango =200kj (102 cals)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cals)
Nectarines	Summer	Crisper in refrigerator	Vitamin C B3, Potassium and Dietary fibre	180g Nectarines =355kj (85 cals.)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, tansfer refrigerator keep longer	Vitamin C 35mg/100g	150g Orange = 160kj
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3 Potassium and Dietary Fibre	150g Peach =205kj (49 cals)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150g Pear =250kj (60 cals)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple =245kj (59 cals)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70g Plums =110kj (26 cals)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium and Magnesium	125g Raspberries =130kj (31cals)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C Dietary fibre Vitamin E, Folate and Vitamin A	100g Tomatoes =90kj (22 cals)

NOTE: Your Professional Juice Extractor makes invigorating frothy orange juice. Simply peel the oranges and juice. (Best to refrigerate oranges before juicing)

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RECIPES - FRESH STARTS

APPLE, CARROT AND CELERY JUICE
Makes approximately 2 cups
You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:
4 small Granny Smith apples
3 medium sized carrots, trimmed
4 sticks celery

1.Process apples, carrots and celery through Juice Extractor.
Mix well and serve immediately.

TOMATO, CARROT, CELERY AND LIME JUICE
Makes approximately 3 cups
2 medium tomatoes
1 large carrot, trimmed
2 celery stalks, trimmed
1 lime, peeled

1.Process tomatoes, carrot, celery and lime through Juice Extractor.
Serve immediately.

CARROT, BEETROOT AND ORANGE JUICE
Makes approximately 2 cups
2 medium carrots, trimmed
3 medium beetroot, trimmed
4 oranges, peeled

1. Process carrots, beetroot and oranges through Juice Extractor.
Serve immediately.

APPLE, PEACH AND GRAPEFRUIT JUICE
Makes approximately 2¼ cups
1 small Delicious apple
2 large peaches, halved and stones removed
2 grapefruits, peeled

1. Process apple, peaches and grapefruit through Juice Extractor.
Serve immediately.

PINEAPPLE, PEACH AND PEAR JUICE
Makes approximately 3 cups
¼ small pineapple, peeled and halved
2 peaches, halved and stones removed
2 small ripe pears

1. Process pineapple, peaches and pears through Juice Extractor.
Serve immediately.

APPLE, PEAR AND STRAWBERRY JUICE
Makes approximately 3 cups
1 small Granny Smith apple
3 small ripe pears
1 cup strawberries, trimmed

1. Process apple, pears and strawberries through Juice Extractor.
Serve immediately.

ROCKMELON, MINT AND MANGO JUICE
Makes approximately 2¼ cups
½ small rockmelon, peeled, seeded and halved
3 sprigs fresh mint leaves
1 mango, halved, seeded and peeled

1. Process rockmelon, mint and mango through Juice Extractor.
Serve immediately.

TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE
Makes approximately 3 cups
3 medium tomatoes
1 large cucumber
1 large bunch fresh parsley
3 medium carrots, trimmed

1. Process tomatoes, cucumber, parsley and carrots through Juice Extractor.
Serve immediately.

PARSNIP, CELERY and PEAR JUICE
Makes approximately 3 cups
2 parsnips, trimmed
4 sticks celery, trimmed
4 medium pears, stalks removed

1. Process parsnips, celery and pears through Juice Extractor.
Serve immediately.

RECIPES - VITAMINS REPLACER

TOMATO, CARROT and RED CAPSICUM JUICE
Makes approximately 3 cups
2 small red capsicums
3 medium tomatoes
3 carrots, trimmed
4 sprigs parsley

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through Juice Extractor.
Serve immediately.

BLACKBERRY, PEAR and GRAPEFRUIT JUICE
Makes approximately 3 cups
250g blackberries
3 ripe pears
2 grapefruits, peeled

1. Process blackberries, pears and grapefruit through Juice Extractor.
Serve immediately.

BEETROOT, APPLE and CELERY JUICE
Makes approximately 2 cups
4 medium sized beetroot, trimmed
2 medium Granny Smith apples
4 sticks celery

1. Process beetroot, apples and celery through Juice Extractor.
Serve immediately.

BLUEBERRY, BLACKBERRY, STRAWBERRY and LIME JUICE
Makes approximately 3¼ cups
500g blackberries
500g blueberries
500g strawberries, hulled
1 lime, peeled

1. Process blackberries, blueberries, strawberries and lime through Juice Extractor.
Serve immediately.

CUCUMBER, CELERY, FENNEL and BEAN SPROUT JUICE
Makes approximately 3 cups
1 large cucumber
3 sticks celery
1 bulb fennel, trimmed
2 cups bean sprouts

1. Process cucumber, celery, fennel and bean sprouts through Juice Extractor.
Serve immediately.

FROTHIE ORANGE JUICE
Serves 4 / Makes 8 -10 cups
1kg oranges, peeled

1. Process oranges through juice extractor.
Serve immediately.
(Best to refrigerate oranges before juicing)

RECIPES - LIQUID LUNCHES

FRESH VEGETABLE SOUP WITH NOODLES
Serves 4
1 small tomato
1 small onion, peeled and trimmed
2 carrots
1 green capsicum, base removed and seeded
1 tablespoon butter
1 tablespoon wholemeal flour
375ml vegetable stock
425g canned baked beans
1 packet 2 Minute Noodles
Freshly ground black pepper

1. Process tomato, onion, carrots and green pepper through Juice Extractor.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and baked beans.
5. Bring to the boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.

Pour into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.

GAZPACHO
Serves 4
4 medium tomatoes
4 sprigs fresh parsley
1 large clove garlic, peeled
1 small onion, peeled and trimmed
2 carrots
2 stalks celery
1 red capsicum, base removed and seeds removed
½ small cucumber
2 tablespoons red wine vinegar
freshly ground black pepper
1 cup crushed ice
3 tablespoons chopped fresh basil

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through Juice Extractor.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.

Pour in extracted juice, sprinkle with basil and serve immediately.

PASTA WITH PROVENCALE STYLE SAUCE
Serves 4
4 tomatoes
2 sprigs fresh parsley
1 stick celery
2 large cloves garlic
1 small onion, peeled and trimmed
1 red capsicum, base removed and seeds removed
1 tablespoon tomato paste
½ cup red wine
2 teaspoons dried oregano
500g cooked pasta
3 tablespoons grated Parmesan cheese

1. Process tomatoes, parsley, celery, garlic, onion and red capsicum.
2. Blend tomato paste with red wine, stir in the extracted juice.
3. Pour into a saucepan and cook over medium heat for 3-4 minutes.
4. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls.
5. Sprinkle with oregano and Parmesan cheese.

Serve immediately.

MANGO, ROCKMELON AND ORANGE YOGHURT DRINK
1 mango, halved, peeled and seeded
¼ small rockmelon, peeled, seeded and cut into two equal portions
5 oranges, peeled
3 tablespoons natural yoghurt

1. Process mango, rockmelon and oranges through Juice Extractor.
2. Pour into a large bowl whisk in yoghurt.

Serve immediately.

RECIPES - ICY COOLERS

SPARKLING PEAR AND APRICOT COOLER
Serves 4
4 large apricots, halved and stones removed
3 large pears
250 ml mineral water
1 cup crushed ice

1. Process apricots and pears through Juice Extractor.
2. Scoop ice into 4 tall glasses.
3. Divide extracted juice between the glasses.
4. Top with mineral water, stir well to blend.

Serve immediately.

ROCKMELON, STRAWBERRY AND PASSION CRUSH
Serves 4
14 rockmelon, peeled, seeded and divided into 2 equal portions
250g strawberries, hulled
pulp of 2 passion fruit
1 cup crushed ice

1. Process rockmelon and strawberries through Juice Extractor.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

TROPICAL BLEND
Serves 4
2 mangoes, halved, seeded and peeled
3 kiwi fruit, peeled
¼ small pineapple, peeled and halved
¼ cup fresh mint leaves
1 cup crushed ice

1. Process mangoes, kiwi fruit, pineapple and mint through Juice Extractor.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

TOMATO, NECTARINE, PASSION FRUIT AND MINT ICER
Serves 4
6 tomatoes
2 nectarines
½ cup fresh mint leaves
pulp of 4 passion fruit
1 cup crushed ice

1. Process tomatoes, nectarines and mint leaves through Juice Extractor.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

CUCUMBER, PINEAPPLE and CORIANDER ICE
Serves 4
½ small pineapple, peeled and halved
2 cucumbers
¼ cup fresh coriander leaves
1 cup crushed ice

1. Process pineapple, cucumbers and coriander through Juice Extractor.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

PEAR, RADISH and CELERY CRUSH
Serves 4
3 medium pears
4 radishes, trimmed
3 sticks celery
1 cup crushed ice

1. Process pears, radishes and celery through Juice Extractor.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

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RECIPES - SPIRITED JUICES

COCONUT PINEAPPLE COLADA

Serves 4

¼ coconut, peeled and halved
¼ large pineapple, peeled and quartered
3 tablespoons Malibu liqueur
500ml soda water
1 cup crushed ice

1. Process coconut and pineapple through Juice Extractor.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.

Serve immediately.

HONEYDEW DREAM

Serves 4

1 honeydew melon, peeled, seeded and quartered
3 tablespoons Midori liqueur
500ml soda water
1 cup crushed ice

1. Process honeydew melon through Juice Extractor.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine.

Serve immediately.

BLOODY MARY

Serves 4

4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeds removed
⅓ cup Vodka
1 cup crushed ice

1. Process tomatoes, celery and red capsicum through Juice Extractor.
2. Stir in Vodka.
3. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.

Serve immediately.

PEACH AND MINT JULEP

Serves 4

6 peaches, halved and seeds removed
½ cup fresh mint leaves
2 tablespoons Creme de Menthe
2 teaspoons sugar
¼ cup crushed ice
500ml mineral water

1. Process peaches and mint leaves through Juice Extractor.
2. Stir in Creme de Menthe and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine.

Serve immediately.

RECIPES - ENERGY FUEL

GRAPE, KIWI FRUIT AND BERRY BOOSTER
Serves 6
Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.
500g green seedless grapes, stems removed
2 kiwi fruit, peeled
250g strawberries, hulled
500ml skim milk
2 tablespoons powdered protein drink mix
¼ cup crushed ice

1. Process grapes, kiwi fruit and strawberries through Juice Extractor.
2. Mix in milk, protein drink mix and crushed ice.
Serve immediately.

APRICOT, APPLE AND PEAR SPARKLE
Serve 4
4 large apricots, halved and stones removed
4 small red apples
3 medium pears
250ml sparkling mineral water
¼ cup crushed ice

1. Process apricots, apples and pears through Juice Extractor.
2. Stir in mineral water and ice.
Serve immediately.

BEETROOT, CARROT AND ORANGE QUENCHER
Serves 4
8 carrots
2 small beetroots, trimmed
¼ cup fresh mint leaves
4 oranges, peeled

1. Process carrots, beetroot, mint leaves and oranges through Juice Extractor.
Serve immediately.

RECIPES - FIBRE FAVOURITES

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

CARROT, PUMPKIN and FETA FLAN

Serves 6
8 sheets filo pastry
60g butter, melted
1 leek finely sliced
1 cup pumpkin pulp
1 cup carrot pulp
250g feta cheese, crumbled
3 eggs
1 egg white
14 cup milk
2 tablespoons orange rind
3 tablespoons chopped fresh parsley

1. Layer the sheets of pastry, brushing between each sheet with butter. Lift pastry into a 25cm flan tin, press over base and side. Trim pastry edge to about 1.5cm higher than side of tin.

2. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry case and bake at 180°c for 25-30 minutes or until golden and set.

VEGETABLE and BACON SOUP

Serves 4
3 teaspoons butter
1 onion, finely chopped
1 ham bone
350g beetroot pulp, strained and juice reserved
50g potato pulp, strained and juice reserved
50g carrot pulp, strained and juice reserved
100g tomato pulp, strained and juice reserved
50g cabbage pulp, strained and juice reserved
reserved juices and enough water to make up 2 litres
4 bacon rashers, chopped
1 tablespoon lemon juice
¼ cup sour cream

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes.

2. Remove ham bone, discard bone, finely chop meat and return to the pan.
Serve topped with sour cream.

RECIPES - FIBRE FAVOURITES

CARROT, APPLE and CELERY STRUDELS
Makes 8
30g butter
1 small onion, finely chopped
4¼ cups carrot, apple and celery pulp, strained
(see juice recipe on page 22)
250g cottage cheese
2 tablespoons chopped fresh mint
1 egg, beaten
12 sheets filo pastry
60g butter, melted extra
1 cup grated fresh Parmesan cheese

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.

2. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.

3. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°c for 20-25 minutes or until golden.

PARSNIP, HERB and POLENTA HOT CAKES
Serves 6
2 cups parsnip pulp, strained
¼ cup milk
2 eggs, separated
¼ cup polenta (corn meal)
¼ cup self-raising flour
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon cajun seasoning
1 small red capsicum, finely chopped
1 tablespoon oil

1. Combine parsnip pulp, milk, egg yolks, selfraising flour, polenta, thyme, rosemary, cajun seasoning and red capsicum in a large mixing bowl. Beat egg whites until soft peaks form, fold into parsnip mixture.

2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden. Serve immediately.

BERRY AND WHITE CHOCOLATE MOUSSE
Serves 6
200g white chocolate
200g strawberry pulp
200g raspberry pulp
3 teaspoons gelatine dissolved in 3 tablespoons hot water
3 egg yolks
300ml carton thickened cream
¼ cup icing sugar
2 tablespoons Grand Marnier

1. Melt chocolate over hot water, cool, being careful not to let it set. Combine strawberry pulp and raspberry pulp, set aside. Combine chocolate, gelatine mixture and egg yolks, whisk until pale and glossy. Beat cream until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

CARROT CAKE

1¼ cups plain flour
2 teaspoons baking powder
¼ teaspoon nutmeg
¼ teaspoon cinnamon
¼ teaspoon cardamom
¼ cup peanuts, chopped
¼ cup sultanas
¼ cup brown sugar, firmly packed
1¼ cups carrot pulp
¼ cup oil
2 eggs, lightly beaten
¼ cup sour cream

1. Grease and line a 25cm x 15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultanas, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.

2. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

FAMILY MEAT LOAF

Serves 6-8
500g lean beef mince
500g sausage mince
2 onions, finely chopped
¼ cup carrot pulp, strained
¼ cup potato pulp, strained
2 teaspoons curry powder
1 teaspoon ground cumin
1 tablespoon chopped fresh parsley
1 egg, lightly beaten
¼ cup evaporated milk
¼ cup beef stock
Freshly ground black pepper
2 tablespoons slivered almonds

TOMATO GLAZE

¼ cup beef stock
4 tablespoons tomato sauce
1 teaspoon instant coffee powder
3 tablespoons Worcestershire sauce
1¼ tablespoons vinegar
1¼ tablespoons lemon juice
3 tablespoons brown sugar
¼ cup butter

1. Place beef, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 11x21cm loaf pan. Pour glaze over meatloaf, sprinkle with almonds and bake, basting often with glaze, for 40 minutes.

2. To make glaze, place stock, tomato sauce, coffee powder, Worcestershire sauce, vinegar, lemon juice, sugar and butter in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring frequently, for 8-10 minutes or until glaze reduces and thickens slightly.

IMPORTANT INSTRUCTIONS

Please read these instructions before operating this appliance and retain for future use.

ALWAYS

✔ **Always** ensure hands are dry before handling the plug or switching on the appliance.

✔ **Always** use the appliance on a secure, dry level surface.

✔ **Always** ensure all parts are assembled correctly before plugging in and using.

✔ **Always** switch off, unplug and allow moving parts to stop before removing or replacing attachments.

✔ **Always** switch off the unit, unplug and wipe immediately if any moisture or liquid appears on top of motor base.

✔ **Always** switch off and unplug when not in use and before cleaning and storing.

✔ **Always** remove all attachments before cleaning.

✔ **Always** ensure that all parts of the appliance and attachments in contact with food products are washed and cleaned thoroughly.

✔ **Always** carry out regular checks of the supply cord to ensure no damage is evident. Should there be any signs that the cord is damaged in the slightest degree, the entire appliance should be returned to the Customer Service Department.

✔ **Always** return the appliance after a malfunction, or if it has been damaged in any manner to the Customer Service Department for examination, repair or adjustment as **special purpose tools are required.**

NEVER

✘ **Never** use this appliance outdoors.

✘ **Never** use the appliance or attachments for other than intended use. This appliance is for household use only.

✘ **Never** immerse the motor base, cordset and plug in water or any other liquid to protect against electrical hazards.

✘ **Never** use harsh, abrasive or caustic cleaners to clean this appliance.

✘ **Never** allow children to use this appliance. Close supervision is necessary when the appliance is near children.

✘ **Never** leave appliance unattended when in use.

✘ **Never** insert your fingers, utensils or any other object into the juice extractor feeding tube other than the food pusher.

✘ **Never** juice stone fruit unless the seed stone has been removed.

✘ **Never** operate the juice extractor without the food pusher in place.

✘ **Never** attempt to remove or replace any attachment whilst the appliance is in operation.

✘ **Never** let cord hang over the edge of a table or counter, touch hot surfaces or become knotted.

✘ **Never** place this appliance on or near a hot gas or electric burner or where it could touch a heated oven or microwave oven.

✘ **Never** use this appliance with a damaged cord or plug, after an appliance malfunction or if it has been damaged in any manner.

✘ **Never** operate this appliance continuously. Do not run for more than four minutes on, ten minutes off when using the juice extractor.

✘ **Never** use any attachment not recommended for or supplied with the appliance.

CONNECTION TO THE MAINS SUPPLY

When using electrical appliances, basic safety precautions should always be followed.

WARNING: THIS APPLIANCE MUST BE EARTHED

If this appliance is fitted with a rewirable BS1363, 13 amp plug, the fuse should be rated at 13 amps and be ASTA approved to BS1362. However if the plug is unsuitable, it should be dismantled and removed from the supply cord and an appropriate plug fitted as detailed below.

If this appliance is fitted with a moulded BS1363 13 amp plug, the fuse should be rated at 13 amps and be ASTA approved to BS1362. If the fuse in a non-rewirable plug needs to be changed, the fuse cover must be refitted. The appliance must not be used without the fuse cover fitted.

In the event of the plug being unsuitable, it should be changed and an appropriate plug fitted as detailed below. If you remove the plug it must not be connected to a 13 amp socket and the plug must be disposed of immediately.

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wires of the mains lead are coloured in accordance with the following code:
GREEN & YELLOW = EARTH **BLUE = NEUTRAL** **BROWN = LIVE.**

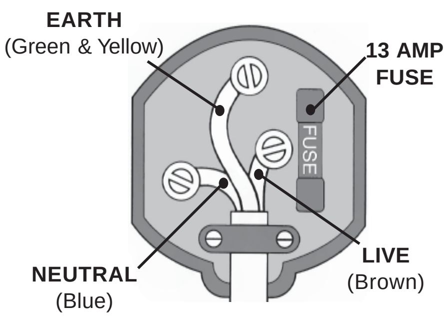
The wire which is coloured **GREEN & YELLOW** must be connected to the terminal in your plug which is marked with an E or by the EARTH SYMBOL ⏚ or coloured **GREEN** or **GREEN & YELLOW**.

The wire which is coloured **BLUE** must be connected to the terminal in your plug which is marked with the letter **N** or coloured **BLACK**.

The wire which is coloured **BROWN** must be connected to the terminal in your plug which is marked with the letter **L** or coloured **RED**.

If any other plug is used, a 13 amp fuse must be fitted either in the plug or adaptor or at the distributor board.

Plug should be BS1363/A approved.
Fit a 13 Amp fuse.



Ensure that the outer sheath of the cable is firmly held by the clamp.

AFTER SALES SERVICE

These appliances are built to the very highest of standards. There are no user-serviceable parts. Follow these steps if the unit fails to operate:

1 Check instructions have been followed correctly.

2 Check fuse has not blown.

3 Check mains supply is functional.

If the appliance will not operate, return the appliance to the place it was purchased for a replacement. To return the appliance to the Customer Service Department, follow the steps below:

1 Pack it carefully (preferably in the original carton). Ensure unit is clean.

2 Enclose your name and address and quote model number JE16 on all correspondence.

3 Give the reason why you are returning it.

4 If within the guarantee period, state when and where it was purchased and include proof of purchase (e.g. till receipt).

5 Send it to our Customer Service Department at the address below:

Customer Service Department
Pulse Home Products Limited
Middleton Road
Royton
Oldham
OL2 5LN, UK.

Telephone: 0161 621 6900 Fax: 0161 626 0391
e-mail: info@pulse-uk.co.uk

GUARANTEE

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions provided, that it is not connected to an unsuitable electricity supply, dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective.

Nothing in this guarantee or the instructions relating to the product excludes, restricts or otherwise affects your statutory rights.

In line with our policy of continuous development, we reserve the right to change this product, packaging and documentation without notice.

This product is manufactured to comply with the radio interference requirements of **EEC** directive 93/68 EEC.

Vine Mill, Middleton Road, Royton, Oldham, OL2 5LN, UK.
www.breville.co.uk

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